

Types of Amends

Amend type (a) — People We Hate / Resent

- It may be some have done us more harm than we have done them.
- With a person we dislike, we take the bit in our teeth.
- It is harder to go to an enemy than a friend, but the benefit is greater.
- Go in a helpful, forgiving spirit.
- Do not criticize or argue.
- We are there to sweep off OUR side of the street.
- Nothing can be accomplished until we do so.

- Discuss your faults, not his or hers.
- Be calm, frank, open.
- It doesn't matter if they accept the apology or throw us out of the office. We've done our part.

Now transfer the names from your resentment and other lists, except for family members. Add any other names that have come to you that you have harmed or owe amends.

Write your list.

Amend type (b) — The People / Institutions / Owed Money

- Most alcoholics owe money.
- We don't dodge anyone.
- In some cases, some of us had to disclose our alcoholism by way of explaining what drove us and what we are now trying to do.
- We do not try to beat anyone out of anything, but we arrange a deal that we can

live up to. Arranging time payments has worked for many of us.

- Let them know you're sorry.
- Drinking made us slow to pay.
- If we fear facing our creditors, we often drink.

Write your list.

Amend type (c) — Incidents of criminal offense

- Some of us padded expense accounts, fell behind on child support, wrote bad checks, and committed other offenses of the law.
- We remind ourselves that we must be willing to go to any lengths to correct these mistakes if we are to stay sober.
- We don't have the power to do this.
- We ask God for strength and direction.
- We don't worry about the consequences. We know God will protect us if we try to do the right thing for a change.
- We may lose position or reputation, though most of us have experienced that already.
- We are willing anyway.
- We must not shrink at anything.

Write your list.

Amend Type (d) — Incidents of Domestic Trouble

- We may have committed adultery.
- After years with a drunk, spouses get worn out, resentful, and uncommunicative.
- We begin to feel self-pity (sorry for ourselves).
- So we look around for another, feeling justified, when WE were really the source of the problem in the first place.
- Sometimes that leads to guilt feelings.
- We have to do something about this.
- If the spouse does not know, we do not always say it is best to tell.
- If she knows something, we admit our fault.
- We have no right to name the names of others involved.
- Keep in mind we are dealing with the most horrible human emotion: jealousy.
- Don't risk more combat over this.
- Some think just being sober in the home now is enough. It isn't.
- We have treated spouses and family in a shocking way.
- We have been like a tornado.
- We broke hearts and uprooted affection, and our selfishness kept the home in turmoil.
- Just saying we are sorry will not do.
- We sit with the family and analyze the past, not criticizing any of them.
- Yes, they may have defects, but many of them were inspired by our behaviors.
- We pray each morning for God to show us the way of patience, tolerance, kindness, and love.

Write your list.

Amend Type (e) — Wrongs We Can Never Fully Right

Be very careful about listing anyone or anything here. We only list someone here if we can HONESTLY say that the wrong cannot be righted, usually when to do so would further injure them or another person. We are willing (or pray for the willingness to become willing) to make the amend if we can.

- If the case is that they cannot be seen, we write them an honest letter.

- We don't delay if it can be avoided.
- We do not have to be scrapping, but we do have to be sensible, tactful, considerate, and humble.

Discuss the circumstances surrounding the amends with your sponsor or the meeting facilitator before you list anyone here.

Caution Where Others Are Concerned

Sometimes others are involved (spouses, children, other family members). We don't sacrifice them to save ourselves. Before taking drastic action that might affect another, we get their consent, we consult others, and we ask God to help. If the drastic step is still indicated, we move ahead.

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